

TIPS FOR THE RUNNER

Olympic Champion Relates Training Ideas.

ADEQUATE FOOD IS NEEDED

Voight, Five-mile Record Holder, Claims that It Is Better to Overeat Than to Undereat—Stimulants Generally Harmful, but Beneficial to Certain Class of Athletes.

The very newest thing in the athletic line are the theories upon diet, stimulants, and massage for athletes. They come from a vegetarian, an Olympic champion and recordholder to boot.

The author of the latest wrinkle is Emil R. Voight, who won the five-mile run at the London Olympic games, beating the best men in the world, and who made a new Olympic record by running the distance in 25:11-1/2.

Voight never tasted a mouthful of animal food in his life, yet he is sensible to leave out his views as to whether the plan is a good or bad one generally, but he has really original ideas with regard to the quantity to be eaten.

His advice is that a man should always be careful to eat enough, and particular stress is laid on the point that it is better to overeat than to undereat.

Hereafter the trainers of athletes and the general run of physical mentors chimed an unvarying cry that to get the benefit of his food a man should partially stint himself, and some went so far as to advocate periodical spells of semi-starvation.

It is little wonder, then, that a man who says always be sure and eat enough and who will never go stale should create some sensation.

The old trainers talked stimulants, but, according to Voight, if a man can stand it, he will find some good from a nip of brandy at the end of a long race like a Marathon, and he does a case where a man had collapsed near the end of a race, but got up and finished after he took a little brandy.

To the massaging feature of training Voight attaches a lot of importance, and he is of opinion that the scientific working of the muscles is very advantageous. The primary objects of massage applied to the athlete means the elimination of waste matter from between the muscles.

Loosen the muscles from the bone and to increase the elasticity of the muscles and to strengthen the tendons.

Voight Gives Pointers.

In a general synopsis Voight says: "As to the question of diet, the well-known phrase, 'What is one man's food is another man's poison,' only in exceptional cases is applicable to the athlete. As a rule, what suits one healthy person suits another, though occupation may demand a slight variation in quantity."

"Training should be based on healthy food and drink—not mystic preparations and elixirs. The best way to commence a reform in food is to strike out or reduce in quantity those obviously harmful articles such as rich pastry, condiments, new bread, sloppy and pulpy foods."

"I have my own particular ideas about animal food, and will not seek to introduce such controversial views here, but would recommend to the athlete that his food contain a minimum quantity of waste matter, which is one of the greatest factors in the causation of fatigue."

"In this respect it might be well to mention specially liver, kidneys, and pig meat—the function of the liver is to separate the poisons from the food eaten; therefore, an extra amount of waste means extra duty for that organ."

"The undecidability of taking such foods will be at once apparent. On the other hand, bread, biscuits, cheese, eggs, boiled puddings, and dried fruit form the basis of the ideal in training."

"It should always be borne in mind that in a diet so preferable to overeat than to undereat. Too little nourishment is frequently the cause of breakdowns in training, and I feel convinced that most of the cases of staleness or really poor performance are due to insufficient nourishment in the blood during strenuous exercise."

"As regards drinking, it is advisable to drink only when thirsty, as the blood in a concentrated condition and in need of fluid. Too much fluid or fluid taken apart from thirst is injurious. Stimulants come under the same head, and they deserve mention."

"It is a fact that some athletes have constitutions so strong as to withstand the habitual consumption of alcoholic liquors while in training. It must be confessed also that they do not appear to be any worse for their indulgence. This, however, does not apply to the majority of runners."

Stimulants Harmful.

"In a recent Marathon race I had the opportunity of watching a runner who about three miles from the finish had suffered so much from the grueling race that it was apparently impossible for him to run another mile without assistance. At intervals, however, brandy was given to him, and he ran the distance through an explanation it might be pointed out that the action of alcohol on the system is to quickly turn the reserves of albumen in the blood tissues into energy. After expending this energy the body is left in a much more impoverished state than it would have been had he been given no brandy at all."

"Consequently there is then a call for a greater quantity of nourishment than usual in order to make up for this deficiency. If extra nourishment is taken after such stimulation, the constitution is weakened. It is desirable, therefore, to reduce stimulants to a minimum during training."

"Apart from the narcotic and stimulating effects of smoking, a 'surface breathing' is thereby induced which is particularly detrimental to the long-distance runner. Habitual smoking tends to induce a light respiration."

"The path practice which an athlete is to take varies considerably, according to the distance for which he is to train. For distances from a quarter of a mile to one mile it is not too much, generally speaking, to have path practice every day. From 5 to 7 o'clock in the evening is the best time to train."

"By that time the midday meal should be well digested and the nutrient from the same should be ready for transference into energy. For the distances mentioned it is advisable to cover the whole course once a week. This should be done at an easy pace to begin with, gradually quickening as the man becomes fit."

"Half the distance to be trained for might be covered once or twice a week at a smart pace, while the remaining evenings can be devoted to the cultivation of speed and style."

"In training due attention must be given to racing. A goodly number of athletes who run comfortably in practice and fully expect to find the necessary amount of fighting power on the day of the race are very often sorely disappointed. The heart and muscles have probably been trained up to moderate exercise and not to the real fighting pitch, so they are not able to respond properly at the crucial moment."

RIGGS NATIONAL BANK BASEBALL TEAM.



Sitting (reading from left to right)—Raney, Dawson, Moorhead, House, Howard. Top row (standing)—Pitts, Evans, Childs, assistant manager; Garnett, Nevius, Thomas, scorer; Snowden, captain; Fleming.

BIG STRIDES BY AMATEUR BILLIARDISTS

From Old Straight Ball Play of First Tourney to 18.2 Balk Line Game, Averages Have Kept Pace with Harder Demands.

New York, May 22.—From a grand average of 11.33 at the old three-ball straight-rail game to a grand average of 20 at the 12.02 balkline game is a far cry in billiards. That, however, is what the amateurs have done since they have been playing tournaments for the championship.

It represents a period of twenty-one years. Many amateurs with the cue have come and gone in that time, and of those in the recent championship tournament at the German Liederkranz in this city not one was in the public arena twenty or even twelve years ago.

The professionals make a much better showing in the length of their public life. But billiards is their business.

The veterans of the last tournament were Conklin, of Chicago, and Dr. Mial, of this city. Conklin has been playing steadily since 1900. Dr. Mial played in a tournament that year with Conklin, but he has not kept it up year after year since like Conklin.

Ferdinand Poggenburg, who did not play in the last tournament, is a veteran campaigner of the cloth and ivory, and his first appearance in a tournament antedates that of either Conklin or Mial.

Other leading amateurs—Edward Gardner, Wilson Foss, Martin Mullen, Arthur Townsend, and Byron Stark among them—still play the game, but none except Gardner has been seen in public in many years.

Albert Cutler, of Boston, who used to play in the amateur tournaments, has become a professional, as has Frank Keeney, who, however, doesn't play professionally, but has a billiard room.

Like Calvin Demarest, the young Chicagoan, who as an amateur was the most skillful cueist ever in the amateur field. His records show that he, however, hasn't made any more improvement as a player since Cutler, who, though not one of the best amateurs, has improved to such an extent that he is one of the leading professionals, and the best professional billiards is considerably ahead of the best amateur playing.

Risen to Requirements.

Step by step the advance made in the science of gathering caroms by the amateurs can be followed. As the game has been made more difficult, so they have risen to its requirements.

The first amateur championship of America was played in New York in May, 1887, and was at the three-ball straight-rail game. The winner was Orville Odell, Jr., whose best run was 133, best single average 17.3, and grand average 11.03. The other players were Alexander Morten, Dr. H. D. Jennings, who is still an active player, J. E. Soule, C. T. Jones, and L. B. Finnegan. The games were of 30 points.

In a tournament the next year under the same conditions Odell won again, beating C. B. Bahndridge, Dr. Jennings, and Morten. His grand average that time was only 7.89.

The "first known 14.2 tournament for amateurs" took place in Slosson's room in New York in 1893. Byron Stark was first. Dr. A. R. Miller second, and Dr. A. L. Ranney third. There had, however, been a match at 14.2 previous to that in which Odell won with an average of 4.40 for 400 points.

The field had broadened out by 1898, in which year Maurice Daly promoted a handicap 14.2 tournament. There were seven competitors—Townsend, Stark, who won, E. Gardner, Keeney, Miller, Ranney, and Poggenburg. Townsend made the best single average, 8.89; the best grand average, 5.87, and the best run, 57. Those averages wouldn't amount to much in the latter-day tournaments.

Before the National Association of Amateur Billiard Players assumed complete control of tournaments the Amateur Athletic Union had a say, and in 1898 the first A. A. U. Class B tournament at 14.2 was held.

There was a general though slight improvement in the quality of the play. Byron Stark, who won, made a grand average of 7.74, and a best single average of 10.34. Those who battled against him for the prize were Al Taylor, J. De Mun, Smith, Poggenburg, Miller, Hevner, and Hendrick. The best run was 71, put together by Taylor.

In the A. A. U. Class A ranks were Martin, Mullen, Wilson, Foss, and Wayman McCree. They were rated in a class by themselves. In 1899 they played the first Class A tournament, finishing as named. Averages were not in accord with the finish. McCree, who finished third, made the best run, 138; the best single average, 6.23, and the best grand average, 3.16. Foss' figures were 123-12.5-8.27. Mullen's were 73-10.25-8.30.

First Tourney in 1890.

The N. A. A. B.'s first tournament was held in 1890. There were two sets of handicap games at 14.2. The games were played in Slosson's and Daly's rooms, and here are the figures and handicaps, the order of the names being as the contestants finished:

	Run.	S. A.	G. A.
Poggenburg, 30	74.0	8.06-6.56	7.25-2.9
Stark, 30	77.0	10.34-7.74	7.74-2.8
Keeney, 20	74.4	9.03-6.83	6.15-4.19
Townsend, 20	64.8	5.90-7.17	5.70-2.8
Madden, 20	36.1	5.64-4.78	3.02-1.7
Arnold, 20	53.0		

The A. A. U. gave its second Class B tournament in 1898, and the play was about the same standard as in the N. A. A. B. handicap affair. Threshie, of Boston, was the winner. His best run was 74. He single averaged 10.24 and grand averaged 7.85. The other players were De Mun, Smith, Kellogg, Hendrick, Cutler, and Hevner. Cutler single averaged 6.31, which wouldn't be a circumstance for himself nowadays.

The A. A. U.'s second Class A championship, played in 1899, brought together a strong field. The games were increased to 400 points. The order of the finish was as follows:

	Run.	S. A.	G. A.
Ross	115	11.23	30.64
McCreery	66	14.51	8.90
Smith	64	13.1	7.30
Threshie	52	12.99	7.90
Mial	50	7.41	6.32
Conklin	44		5.98

Conklin did not win a game, so had no single, or winning, average. Somewhat better work was done in that tourney than in the N. A. A. B.'s championship tournament in 1901, as the following figures for the latter show:

	Run.	S. A.	G. A.
Townsend	80	8.11	6.28
Keeney	66	7.23	6.40
E. Gardner	60	8.39	6.80
Stark	50	7.89	6.80
Poggenburg	50	9.08	6.80
F. Gardner	50		4.71

Demarest knocked amateur records sky-high in the championship tournament of 1908 in Chicago, but the whole play was remarkably speedy and high class. Demarest, the winner, made a high run of 174, a single average of 12.74, and a grand average of 21.22. The figures for the others were as follows: Wright, 132-20.08-18.11; Conklin, 141-15.33-12.11; Gardner, 135-18.10-11.01; Poggenburg, 116-20.05-11.29; Jackson, 96-10.35-8.80.

Then came the International championship of 1905 at the Liederkranz, at which 18.2 was played, instead of 14.2, and the games of 400 points. Demarest made a high run of 151, a single average of 28.57, and a grand average of 20, performance worthy to be compared with high-class professional work. Roloff finished second, and his figures were 108-15.38-13.44. Then came Conklin, with 107-13.78-10.87; Gardner, with 102-10.52-8.59; and Poggenburg, with 95-11.75-8.47.

This year the first national tournament at 18.2 was played, and the averages are creditable, though the field lacked the class of that which took part in the two tournaments of 1908. Wright, the winner, made a high run of 83, a winning average of 16.57, and a grand average of 14.41. The playing of the others is shown by their figures: Conklin, 59-10.53-9.05; Jackson, 75-12.57-10.36; Mayer, 56-10.53-8.22; Mial, 74-10.53.

Demarest's record in the 18.2 tournament was 111.1. Gardner conjured the globes for the best grand average, which was 8.17. The next year the championship was played in Chicago, but Demarest and Wright were newcomers. Gardner won, with Demarest, Poggenburg, and Wright tied for second place, then Conklin, then Norris. Big averages were the rule in this competition. Gardner's single average was 11.54, Demarest's 14.23, Poggenburg's 16.57, and Wright's 16.57. Their respective grand averages were 8.15, 12.07, 8.91, 9.96, and 7.43. Poggenburg made a run of 112 and Wright one of 127. The N. A. A. B. championship of 1907, held at the Liederkranz—300-point games—showed more fast work by the amateurs and emphasized their improvement.

Notice the work of Demarest, who won:

	Run.	S. A.	G. A.
Demarest	170	27.7	16.85
Conklin	68	12.06	8.18
Gardner	38	10.71	8.23
Poggenburg	30	21.43	11.60
Mial	24	11.29	9.31
Roloff	8		4.10

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Many horsemen expressed satisfaction with the Western Riding Association's liberality in putting on a race card for Monday. They said that it was excellent proof that the interests of the owners had not been forgotten in these troublous times.

The Summaries.

FIRST RACE—Four and one-half furlongs. 1st, 12 (McIntire), 13 to 20; 2nd, 10 (Gardner), 15 to 16; 3rd, 10 (Gardner), 15 to 16; 4th, 10 (Gardner), 15 to 16; 5th, 10 (Gardner), 15 to 16; 6th, 10 (Gardner), 15 to 16; 7th, 10 (Gardner), 15 to 16; 8th, 10 (Gardner), 15 to 16; 9th, 10 (Gardner), 15 to 16; 10th, 10 (Gardner), 15 to 16; 11th, 10 (Gardner), 15 to 16; 12th, 10 (Gardner), 15 to 16; 13th, 10 (Gardner), 15 to 16; 14th, 10 (Gardner), 15 to 16; 15th, 10 (Gardner), 15 to 16; 16th, 10 (Gardner), 15 to 16; 17th, 10 (Gardner), 15 to 16; 18th, 10 (Gardner), 15 to 16; 19th, 10 (Gardner), 15 to 16; 20th, 10 (Gardner), 15 to 16; 21st, 10 (Gardner), 15 to 16; 22nd, 10 (Gardner), 15 to 16; 23rd, 10 (Gardner), 15 to 16; 24th, 10 (Gardner), 15 to 16; 25th, 10 (Gardner), 15 to 16; 26th, 10 (Gardner), 15 to 16; 27th, 10 (Gardner), 15 to 16; 28th, 10 (Gardner), 15 to 16; 29th, 10 (Gardner), 15 to 16; 30th, 10 (Gardner), 15 to 16; 31st, 10 (Gardner), 15 to 16; 32nd, 10 (Gardner), 15 to 16; 33rd, 10 (Gardner), 15 to 16; 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